

Proficiency Statements – Vertical

Stage 1- Introductory Skills

Plan

- I can dress myself for a rock activity.
- I know not to break or damage trees when climbing them
- I know what to do if I get lost at an activity
- I can explain the buddy system
- I have discussed what the purpose of a helmet is.

Do

- I know the safety rules for climbing on rocks, trees, fences and man-made structures.
- I have been to a rock playground and know how to play safely and cooperatively with others.
- I can take care of my personal equipment for the duration of a rock activity
- I know how to wear and adjust a helmet.
- I know how to contact the emergency services

Review

- I can talk about my favourite thing from a rock activity

Stage 2 – Vertical Skills A

Plan

- I can discuss what safety precautions you should take before going on a rock activity
- I can put on my own helmet and harness properly.
- I have explained what impact I can have on local vegetation when participating in rock sports
- I can explain why we do harness and carabineer checks before we begin our rock activity
- I know how to contact the emergency services.
- I can draw a diagram labelling all of the essential equipment required for rock activities.
- I know why knotting skills are important for Vertical activities

Do

- I have been climbing twice on an artificial wall or natural rock formation.
- I have Abseiled once at this stage
- I can protect myself from sun exposure
- I have discussed the appropriate action I should take in the case of an accident.
- Before I start climbing, I can show where I am allowed to climb.
- I have climbed and abseiled a 5m wall at this Stage
- I can show how to properly put on and adjust my harness
- I can tie two knots that will help me in Vertical activities

Review

- I have talked about my favourite things from at least two rock activities
- I can suggest what I would do differently for a future rock activities

Stage 3 - Vertical Skills B

Plan

- I know what the risks are for participating in a vertical activity in different weather conditions.
- I can explain the importance of wearing the right clothing and gear while participating in a vertical activity.
- I know which items I should carry with me when participating in a vertical activity.
- I know how and where to get the latest weather forecast for the area I will be climbing in.
- I know the safety rules for participating on climbing wall or ropes challenge course.
- I can point out a good anchor for a rock activity
- I understand the need for belays in relation to vertical activities

Do

- I know what DRSABCD stands for and how to apply it in first aid situations.
- I have helped a Stage one scout learn to adjust his or her helmet.
- I have taken part in an at least two vertical activities at this Stage.
- I have climbed or abseiled a 10m wall at this stage.
- I know how to treat cuts and minor bleeding.
- I can teach the importance of the buddy system to a younger scout.
- I can demonstrate how to correctly care for carabineers and explain why it is important.
- I have correctly tied a re-threaded figure of 8 knot, Alpine butterfly and a tape knot and can apply them to a vertical activity

Review

- I have discussed with my Patrol ways that we can improve the safety of our Rock craft activities

Stage 4 – Abseiling A

Plan

- I know what makes a safe and unsafe vertical activity site
- I can prepare equipment, where required, for safe transportation to an activity location.
- I can read an itinerary for a proposed Abseiling trip and understand what I am required to do
- I know why and where I should wear a helmet for vertical activities on
- I have completed all necessary personal and equipment safety checks, prior to commencing an abseiling activity. (ABCDE check) with Buddy
- I can prepare a belay for proposed abseiling activity
- I know how to care for, handle and store an abseiling rope, harness and helmet
- I have discussed different set up techniques for abseils

Do

- I am familiar with the signs and symptoms of hypothermia and hyperthermia.
- I have revisited my knotting skills and can tie an Alpine Butterfly, Figure of 8 re-threaded, figure of 8 on the bite, tape knot and a prussic knot and I can apply them to Abseiling activity situations.
- I know how wet conditions can affect my safety when abseiling
- I know the communication calls and script to follow between an abseiler and belayer.
- I have taken part in and logged a minimum of two abseiling sessions on different days on either artificial or natural surfaces at this Stage
- I can thread a descending device to the abseil line and clip onto the line safely
- I can demonstrate the correct posture and technique while abseiling, using single and double rope.
- I can ascend an abseil rope including over an edge
- I can bottom belay another person while they are abseiling
- I have done 10 or more drops by the completion of stage 4

Review.

- I can identify improvements for future abseiling activities

- I have checked equipment for damage and discussed if it needs to be repaired or replaced.

Stage 4 – Canyoning A

Plan

- I know what makes a safe and unsafe Canyon activity.
- I can prepare equipment, where required, for safe transportation to an activity location.
- I can read an itinerary for a proposed Canyoning trip and understand what I am required to do/ take and why
- I know why and where I should wear a helmet for Canyon activities.
- I have completed all necessary personal and equipment safety checks, prior to commencing a Canyoning activity. (ABCDE check) with Buddy.
- I can prepare a belay for proposed Canyoning activity
- I know how to care for, handle and store a canyoning rope, harness and helmet
- I have discussed different set up techniques for Canyons
- I know how weather can impact a canyoning system and have discussed options to evacuate when necessary

Do

- I am familiar with the signs and symptoms of hypothermia and Hyperthermia
- I know how wet conditions can affect my safety when canyoning
- I know the communication calls and script to follow whilst canyoning
- I have taken part in and logged a minimum of two canyoning activities at this Stage. one of which is horizontal and one vertical
- I can demonstrate canyoning techniques within a variety of terrain obstacles, such as liloing, swimming and wading through rock pools
- I can thread a descending device to the abseil line and clip onto the line safely
- I can demonstrate the correct posture and technique while abseiling, using double rope and in a slippery Canyon
- I can bottom belay or keep an eye on another person while they are abseiling if they are on self-belay
- I have revisited my knotting skills and can tie an Alpine Butterfly, Figure of 8 re-threaded, double fisherman's knot, tape knot and a prussic knot and I can apply them to Canyoning activity situations.

Review

- I can identify improvements for future Canyoning activities
- I have checked equipment for damage and discussed if it needs to be repaired or replaced.

Stage 4 – Caving A

Plan

- I know what makes a safe and unsafe Caving activity site
- I can prepare equipment, where required, for safe transportation to an activity location.
- I can read an itinerary for a proposed Caving trip and understand what I am required to do
- I know why and where I should wear a helmet for vertical activities
- I have completed all necessary personal and equipment safety checks, prior to commencing Caving activity. (ABCDE checks)
- I can prepare a belay device for proposed Caving activities
- I know how to care for, handle and store a caving rope, harness and helmet, and other equipment.
- I have discussed different set up techniques for Caving activities

Do

- I am familiar with the signs and symptoms of hypothermia/ Hyperthermia.
- I know what to do when I become lost in a Cave
- I know how wet and dusty conditions can affect my safety when caving
- I know the communication calls and script to follow whilst caving
- I have taken part in and logged two caving journeys at this Stage.
- I can move efficiently through a cave and negotiate hazards and features
- I have revisited my knotting skills and can tie an Alpine Butterfly, Figure of 8 re-threaded, figure of 8 on the bite, tape knot and a prussic knot and I can apply them to Abseiling activity situations.

Review

- I can identify improvements for future caving activities
- I have checked equipment for damage and discussed if it needs to be repaired or replaced.

Stage 4 – Climbing A

Plan

- I know what makes a safe and unsafe climbing activity site
- I can prepare equipment, where required, for safe transportation to a climbing location.
- I can read an itinerary for a proposed climbing trip and understand what I am required to do
- I know why and where I should wear a helmet for climbing activities
- I have completed all necessary personal and equipment safety checks, prior to commencing a climb. (ABCDE check) with Buddy.
- I can prepare a belay device for a proposed Climbing activity
- I know how to care for, handle and store a climbing rope, harness and helmet
- I have discussed different set up techniques for Climbing activities

Do

- I am familiar with the signs and symptoms of hypothermia/ Hyperthermia
- I have revisited my knotting skills and can tie an Alpine Butterfly, Figure of 8 re-threaded, figure of 8 on the bite, tape knot and a prussic knot and I can apply them to Climbing activity situations
- I know how wet conditions can affect my safety when climbing
- I know the communication calls and script to follow between a climbing and belayer.
- I have taken part in and logged four climbs on natural surfaces at this Stage.
- I know the difference between: 1. single-pitch, 2. multi-pitch, 3. top-rope, 4. lead climbing and Seconding 5. Bouldering climbing methods.
- I can thread a belay device to keep the climber safe
- I can belay another person while they are climbing
- I can tie myself into the end of the climbing rope
- I have demonstrate good climbing techniques

Review

- I can identify improvements for future climbing activities
- I have checked equipment for damage and discussed if it needs to be repaired or replaced.

Stage 5 – Abseiling B

Plan

- I know how to identify food and water requirements for day trips
- I can select routes that minimise damage to the environment
- I can identify possible hazards associated with abseiling activity and procedures to minimise risks and I know how to take actions to minimise these risks
- I know where to get information about vertical equipment selection
- I can put together a simple abseil trip itinerary
- I can assist a stage 3 or below scout with their knotting skills and have learnt two additional knots since stage 4 that will assist me in Abseiling activities

Do

- I have successfully completed a Provide First Aid and CPR Course from a recognised provider.
- I can abseil using a self-belay
- I can adjust and fit equipment to ensure personal comfort and safety.
- I always demonstrate appropriate techniques to minimise damage to the environment while abseiling.
- I have conducted an Evaluation of relevant aspects of the abseiling activity.
- I can list 6 places to find information to assist with planning an abseiling activity and what sort of information to look for.
- I have undertaken at least 5 activity days of abseiling by then end of Stage 5.
- I have demonstrated the correct posture for beginning an abseiling descent to a stage 3 or below Scout
- I have assisted in setting up abseils at single pitch locations
- I have assisted in setting up multiple types of belays for different abseiling trips
- I have belayed other Scouts on different types of belays
- I can safely escape a belay while keeping the abseiler safe
- I know how to pack up a rope correctly

- I have completed a minimum of 20 drops by the completion of stage 5
- Review
- I have made a presentation on an abseiling trip to my group

Stage 5 – Canyoning B

Plan

- I know how to identify food and water requirements for day trips
- I can select routes that minimise damage to the environment
- I can identify possible hazards associated with Canyoning activity and procedures to minimise risks and I know how to take actions to minimise these risks
- I know where to get the information about Canyoning equipment selection
- I can assist a stage 3 or below scout with their knotting skills and have learnt two additional knots since stage 4 that will assist me in Canyoning activities

Do

- I have successfully completed a Provide First Aid and CPR Course from a recognised provider.
- I can abseil using a self-belay in a Canyon
- I always demonstrate appropriate techniques to minimise damage to the environment while Canyoning.
- I have conducted an Evaluation of relevant aspects of the Canyon activity.
- I can list 4 places to find information to assist with planning a Canyon activity and what sort of information to look for.
- I have demonstrated the correct method of a belay within a canyon.
- I can demonstrate a safe way of doing the following skills in deep rock pools, swimming, waddling and liloing.
- I know how to remain safe around open holes and water in a canyoning system.
- I have undertaken at least 5 days of canyoning by the end of Stage 5. With a minimum of 7 Canyons completed- must be 4 different canyons completed
- I can demonstrate basic Chimneying
- I have assisted in setting up canyon abseils at single pitch locations
- I can safely escape a belay while keeping the abseiler safe

- I know how to pack up a rope correctly in a Canyon environment

Review

- I have made a presentation on an canyoning trip to my group

Stage 5 – Caving B

Plan

- I know how to identify food and water requirements for day trips
- I can select routes that minimise damage to the environment
- I can identify possible hazards associated with Caving activity and procedures to minimise risks and I know how to take actions to minimise these risks
- I know where to gain information about Caving equipment selection.
- I know the dangers associated with fowl air in Caves (carbon monoxide)

Do

- I have successfully completed a Provide First Aid and CPR Course from a recognised provider.
- I can explain the precautions to take in a wet cave and how to respond to flooding.
- I know how to identify fowl air in a Cave
- I can demonstrate the standard communication conventions used in caving.
- I have undertaken at least 5 days of caving by then end of Stage 5.
- I can demonstrate basic Chimneying
- I can adjust and fit equipment to ensure personal comfort and safety.
- I always demonstrate appropriate techniques to minimise damage to the environment while Caving.
- I have conducted an Evaluation of relevant aspects of the Caving activity.
- I can list 6 places to find information to assist with planning a Caving activity and what sort of information to look for.
- I have abseiled in a low light environment in a cave
- I know how to pack up a rope correctly
- I can climb a caving ladder
- I have been through a confined space in a Cave

Review

- I have made a presentation on an caving trip to my group

Stage 5 – Climbing B

Plan

- I know how to identify food and water requirements for day trips
- I can select routes that minimise damage to the environment
- I can identify possible hazards associated with Climbing activity and procedures to minimise risks and I know how to take actions to minimise these risks
- I know where to get information about vertical equipment and selection
- I can put together a simple climbing trip itinerary
- I can assist a stage 3 or below scout with their knotting skills

Do

- I have successfully completed a Provide First Aid and CPR Course from a recognised provider.
- I can adjust and fit equipment to ensure personal comfort and safety
- I can identify different natural features of a climb
- I can use rest spots on a climb
- I can abseil using a self-belay
- I always demonstrate appropriate techniques to minimise damage to the environment while climbing.
- I have conducted an Evaluation of relevant aspects of the climbing activity.
- I can list 6 places to find information to assist with planning an climbing activity and what sort of information to look for.
- I have undertaken at least 5 activity days of climbing by then end of Stage 5.
- I have demonstrated the climbing techniques to a stage 3 or below Scout
- I have assisted in setting up a top rope climbing
- I have assisted in setting up multiple types of belays for different climbs
- I have belayed other Scouts on different belay devices
- I can safely escape a belay while keeping the climber safe
- I know how to pack up a rope correctly

- I understand the concepts, principles, physics and consequences of shock loading in climbing.
- I have learnt two additional knots since stage 4 that will assist me in climbing activities.

Review

- I have made a presentation on an climbing trip to my group

Stage 6 – Abseiling C

Plan

- I can teach another youth what to pack for a abseil activity of my choice.
- I can help organize the transportation required for an activity.
- I can discuss hazards of Abseiling activities to Stage 4 Scouts or below
- I can plan and lead an abseiling activity with qualified supervision.
- I can put together a comprehensive risk assessment for an abseiling activity that is coming up
- I can research the best gear for an activity application
- I can research a variety of self-belay techniques and the best applications for them
- I can research a variety of rescue techniques for abseiling activities
- I know why site and activity specific minimal impact is important in abseiling activities

Do

- I can identify safe access to and from the abseiling site.
- I have set up a minimum of two different types of abseils from start to finish including locating appropriate anchors, setting hard ware and rope, setting up a top belay if appropriate and doing final safety checks before going over for the first decent all with supervision of a qualified person
- I have established a belay from which the belayer is able to escape and maintain the safety of the participant
- I can assist to manage the top of a cliff face with multiple ropes being used at the one time
- I have escaped from multiple belays while making sure the abseiler is still safe
- I can complete all necessary equipment safety checks, and action unsafe equipment according to organisational policies and procedures.
- I have assisted a stage 4 Scout in knowing the importance of Safety checks including (ABCDE)
- I always complete all necessary personal checks using the buddy system, prior to commencing abseiling and or belaying and can assist a Stage 4 Scout or below in what these are

- I have been involved in at least 2 different types of vertical rescue drills
- I have completed a minimum of 30 drops by the end of stage 6

Review

- I can demonstrate the correct maintenance of group gear following the conclusion of a vertical activity.

Stage 6 – Canyoning C

Plan

- I can teach another youth what to pack for a Canyon activity of my choice.
- I can discuss hazards of canyoning activities to Stage 4 Scouts or below
- I can plan and lead a canyoning activity with qualified supervision. I can help organize the transportation required for an activity. I can put together a comprehensive risk assessment for an Canyon activity that is coming up
- I can research the best gear for an activity application
- I can research a variety of self-belay techniques and the best applications for them
- I can research a variety of rescue techniques for Canyon activities
- I know why site and activity specific minimal impact is important in Canyoning activities
- I can plan for best practise minimal impact activities

Do

- I can negotiate obstacles and avoid or remove hazards to descend in a controlled manner in a Canyon.
- I can care and maintain equipment to ensure prolonged life span and safety requirements, as advised by the manufacturer's recommendations for equipment use
- I know how weather can impact a canyoning system and how to evacuate when necessary. I have reviewed this impact from stage 4 and can facilitate a Stage 4 Scout in there learning
- I can complete all necessary equipment safety checks, and action unsafe equipment according to organisational policies and procedures.
- I have assisted a stage 4 Scout in knowing the importance of Safety checks including (ABCDE)
- I always complete all necessary personal checks using the buddy system, prior to commencing Canyoning and or belaying and can assist a Stage 4 Scout or below in what these are
- I have been involved in at least 2 different types of vertical rescue drills
- I have set up a minimum of two different types of abseils in a Canyon from start to finish including locating appropriate anchors, setting hard

ware and rope, setting up a top belay if appropriate and doing final safety checks before going over for the first decent all with supervision of a qualified person

- I have established a belay from which the belayer is able to escape and maintain the safety of the participant
- I have assisted to manage people in a small space to minimise the risks of hyperthermia
- I have escaped from multiple belays while making sure the abseiler is still safe
- I have completed 8 Days of Canyoning with a Minimum of 12 Canyons completed. 7 must be different canyons

Review

- I can demonstrate the correct maintenance of group gear following the conclusion of a vertical activity.

Stage 6 – Caving C

Plan

- I can teach another youth what to pack for a Caving activity of my choice.
- I can plan a Caving activity with qualified supervision.
- I can help organize the transportation required for an activity.
- I can select routes that minimise damage to the environment
- I can assist a stage 3 or below scout with their knotting skills and have learnt two additional knots since stage 4 that will assist me in Caving activities
- I can identify the risks associated with free climbing in a Cave
- I can discuss hazards of Caving activities to Stage 4 Scouts or below
- I can plan and lead a Caving activity with qualified supervision.
- I can put together a comprehensive risk assessment for an Caving activity that is coming up
- I can research the best gear for an activity application
- I can research a variety of self-belay techniques and the best applications for them
- I can research a variety of rescue techniques for Caving activities

Do

- I can set up a belaying system safely in the low light environment of a cave.
- I have been party leader for one section of a caving journey.
- I can abseil using a self-belay
- I have belayed or spotted someone climbing in a cave
- I always demonstrate appropriate techniques to minimise damage to the environment while Caving.
- I have undertaken at least 7 activity days of Caving by then end of Stage 6.
- I have demonstrated the correct posture for beginning an abseiling descent to a stage 4 or below Scout
- I have assisted in setting up abseils in a Cave environment
- I have assisted in setting up multiple types of belays for different caving situations

- I have belayed other Scouts on different types of belays
- I can safely escape a belay while keeping the abseiler safe
- I can assist in rigging a caving ladder
- I can ascend a rope in a Cave environment

Review

- I can demonstrate the correct maintenance of group gear following the conclusion of a vertical activity.

Stage 6 – Climbing C

Plan

- I can teach another youth what to pack for a climbing activity of my choice.
- I can plan and lead a climbing activity with qualified supervision.
- I can help organize the transportation required for an activity.
- I can discuss hazards of climbing activities to Stage 4 Scouts or below
- I can put together a comprehensive risk assessment for an climbing activity that is coming up
- I can research the best gear for an activity application
- I can research a variety of climbing techniques and the best applications for them
- I can research a variety of rescue techniques for climbing activities
- I know why site and activity specific minimal impact is important in climbing activities

Do

- I know of hazards associated with climbing on natural surfaces and minimise risks to ensure personal safety of participants.
- I can set and use multiple anchors at the top and bottom of climbs
- I know the difference between a dynamic and static climbing rope and can apply them to different applications of climbing
- I have belayed a climber down from a site
- I can identify safe access to and from the climbing site.
- I have set up a minimum of two different top rope climbs from start to finish including locating appropriate anchors, setting hard ware and rope, setting up belays and doing final safety checks before being the first climber on these ropes with qualified supervision
- I have established a belay from which the belayer is able to escape and maintain the safety of the participant
- I can assist to manage a climbing site with multiple ropes being used at the one time
- I have escaped from multiple belays while making sure the climber is still safe
- I can complete all necessary equipment safety checks, and action unsafe equipment according to organisational policies and procedures.

- I have assisted a stage 4 Scout in knowing the importance of Safety checks including (ABCDE) and the buddy system
- I always complete all necessary personal checks using the buddy system, prior to commencing climbing and or belaying and can assist a Stage 4 Scout or below in what these are
- I have been involved in at least 2 different types of vertical rescue drills
- I have completed a minimum of 10 days climbing by the end of stage 6
- I can select a suitable route to climb
- I can inspect the position and quality of climbing features

Review

- I can demonstrate the correct maintenance of group gear following the conclusion of a vertical activity.

Stage 7 – Advanced Abseiling A

Plan

- I have completed Stage 5 and below of the 3 core OAS skills
- I can pack for a day Abseiling trip which I would be the party leader for.
- I have learnt 2 more knots that have application in a rescue situation
- I can plan and lead a two day abseiling trip including site selection, camp selection and group requirements taking into consideration organisational policies and rules
- I have assisted a Stage 5 Scout with their requirements and needs for completion
- I have set up multiple abseils using a variety of anchors and on a variety of cliff faces varying in height and difficulty

Do

- I can determine most appropriate belay system according to participant's abilities and site conditions.
- I can assist in the organisation of an abseil skills day which includes rescue techniques practise
- I know if I need to engage with authorities before commencing an abseiling activity.
- I have established a suitable communication system for participants to use while abseiling and belaying.
- I have undertaken at least 12 days of abseiling by then end of Stage 7 with a minimum of 50 drops
- I can act as an appropriate supervisor of an abseiling activity
- I have been involved in abseiling rescue drills lasting a half day at least demonstrating rescue skills that include self-rescue, pluck and lower and a haul system rescue
- I can attach myself to the abseil rope using different types of descending devices (minimum of three)
- I have demonstrated abseiling in a variety of weather conditions
- I have demonstrated to a Stage 5 Scout or below how to correctly pack up a rope and how to store this rope appropriately.

Review

- I can provide feedback to a team of scouts that I have lead on a abseiling activity on what we can improve on for the future.

Stage 7 – Advanced Canyoning A

Plan

- I have completed Stage 5 and below of the 3 core OAS skills
- I can pack for a day Canyon trip which I will be the party leader for.
- I have learnt 2 more knots that have application in a rescue situation
- I can plan and lead a two day Canyoning trip including site selection, camp selection and group requirements taking into consideration organisational policies and rules.
- I have assisted a Stage 5 Scout with their requirements and needs for completion
- I have set up multiple canyon abseils and climbs using a variety of anchors and on a variety of cliff faces varying in height and difficulty

Do

- I can apply correct body position in moving water to minimise the potential for foot entrapment.
- I can assist in the organisation of an Canyon skills day which includes water rescue techniques practise
- I have demonstrated climbing techniques on an exit route from a Canyon I have been involved in abseiling rescue drills lasting a half day at least demonstrating rescue skills that include self-rescue, pluck and lower and a haul system rescue I know if I need to engage with authorities before commencing a Canyoning activity.
- I have established a suitable communication system for participants to use while Canyoning.
- I have Demonstrate attachment to alternate belay or safety system when self-belaying to maintain safety in the event of a fall.
- I have been the party leader on a Canyoning trip
- I have completed 20 Canyons by the completion of Stage 7 with 12 of them being different

Review

- I can provide feedback to a team of scouts that I have lead on a canyoning activity on what we can improve on for the future.

Stage 7 – Advanced Caving A

Plan

- I can pack personal equipment for a Caving expedition of more than two nights.
- I can assess risk and be aware of group safety.
- I have completed Stage 5 and below of the 3 core OAS skills
- I have learnt 2 more knots that have application in a rescue situation
- I can plan and lead a two day Caving trip including site selection, camp selection and group requirements taking into consideration organisational policies and rules
- I have assisted a Stage 5 Scout with their requirements and needs for completion
- I have set up multiple abseils in a variety of caving environment's

Do

- I have taught another scout what to do if they become lost inside a cave
- I have applied climbing techniques in a cave including the use of climbing aids
- I have explored the entirety of a cave that has multiple cambers
- I have undertaken at least 12 days of caving by then end of Stage 7
- I have set up a minimum of two different types of abseils from start to finish including locating appropriate anchors, setting hard ware and rope, setting up a top belay if appropriate and doing final safety checks before going over for the first decent in a Cave environment all with supervision of a qualified person
- I have established a belay from which the belayer is able to escape and maintain the safety of the participant
- I have escaped from multiple belays while making sure the abseiler is still safe
- I can complete all necessary equipment safety checks, and action unsafe equipment according to organisational policies and procedures.
- I have assisted a stage 4 Scout in knowing the importance of Safety checks including (ABCDE)

- I always complete all necessary personal checks using the buddy system, prior to commencing abseiling and or belaying and can assist a Stage 5 Scout or below in what these are
- I have been involved in at least 2 different types of vertical rescue drills
- I can assist in the organisation of an Caving skills day which includes rescue techniques practise
- I know if I need to engage with authorities before commencing an Caving activity.
- I have established a suitable communication system for participants to use while abseiling, belaying and laddering within a Cave environment.
- I can act as an appropriate supervisor of an Caving activity
- I have been involved in vertical rescue drills lasting a half day at least demonstrating rescue skills that include self-rescue, pluck and lower and a haul system rescue
- I can attach myself to the abseil rope using different types of descending devices (minimum of three)

Review

- I can provide feedback to a team of scouts that I have lead on a caving activity on what we can improve on for the future.

Stage 7 – Advanced Climbing A

Plan

- I can plan and lead an overnight Climbing weekend including site selection, camp selection and group requirements taking into consideration organisational policies and rules
- I can assess risk and be aware of group safety.
- I have completed Stage 5 and below of the 3 core OAS skills
- I can pack for a day climb trip which I would be the party leader for.
- I have learnt 2 more knots that have application in a rescue situation
- I have assisted a Stage 5 Scout with their requirements and needs for completion
- I have set up multiple top rope climbs using a variety of anchors and on a variety of cliff faces varying in height and difficulty

Do

- I have completed a single pitch mock lead climb.
- I have undertaken at least 15 days of climbing by then end of Stage 7
- I can determine most appropriate belay systems according to participant's abilities and site conditions.
- I can assist in the organisation of an climbing skills day which includes rescue techniques practise
- I know if I need to engage with authorities before commencing a climbing activity.
- I have established a suitable communication system for participants to use while climbing and belaying.
- I can act as an appropriate supervisor of an climbing activity
- I have been involved in vertical rescue drills lasting a half day at least demonstrating rescue skills that include self-rescue, pluck and lower and a haul system rescue
- I have demonstrated to a Stage 5 Scout or below how to correctly pack up a rope and how to store this rope appropriately
- I can identify and communicate route features and hazards
- I can interpreted route descriptions
- I can apply techniques to minimise activity in the event of a rock fall.

Review

- I can provide feedback to a team of scouts that I have lead on a climbing activity on what we can improve on for the future.

Stage 8 – Advanced Abseiling B

Plan

- I can teach another youth how to prepare for a single pitch abseil expedition.
- I can plan for best practise minimal impact activities and can assist a stage 6 scout or lower on why site and activity specific minimal impact is important in abseiling activities
- I can teach another youth how to plan a single pitch abseil activity in unfamiliar territory using the appropriate tools.
- I can plan my personal equipment and consider needs for group equipment for a multi-pitch abseil activity

Do

- I have successfully completed a wilderness first aid course with a certified accreditation agency.
- I have determine an appropriate instructional plan according to participant's needs and characteristics and by following relevant legislation and organisational policies and procedures
- I have monitor participants safety and performance while abseiling and belaying and can provide appropriate feedback
- I have lead abseiling rescue drills lasting a half day at least demonstrating rescue skills that include self-rescue, pluck and lower and a haul system rescue
- I know how to access relevant sources to interpret detailed weather and environmental information and determine contingency plans.
- I have received feedback and evaluate relevant aspects of abseiling session, and determine the level of learning achieved.
- I apply clear and accurate instructional techniques to impart activity specific knowledge, abseiling skills and safety and rescue procedures.
- I have participated in a Multi-pitch abseil activity

Review

Stage 8 – Advanced Canyoning B

Plan

- I can teach my Group/ Patrol how to prepare for a Canyoning expedition.
- I can plan for best practise minimal impact activities and can assist a stage 6 scout or lower on why site and activity specific minimal impact is important in Canyon activities
- I can teach another youth how to plan a single pitch Canyon Trip
- I can plan my personal equipment and consider needs for group equipment for a multi-pitch Canyon activity

Do

- I have successfully completed a wilderness first aid course with a certified accreditation agency.
- I have the ability to identify safe entry and exit from the canyon, including emergency routes
- I can establish new or alternate anchors in non-routine situations or when designated anchors may not be available or suitable for use.
- I am able to identify hazardous features of hydrological formations and determine alternative routes to avoid.
- I have swum/ navigated water ways in a variety of Canyons
- I have determine an appropriate instructional plan according to participant's needs and characteristics and by following relevant legislation and organisational policies and procedures
- I have monitored participants safety and performance while Canyoning and can provide appropriate feedback
- I have lead abseiling rescue drills lasting a half day at least demonstrating rescue skills that include self-rescue, pluck and lower and a haul system rescue
- I know how to interpret weather and environmental information and determine contingency plans.
- I have received feedback and evaluate relevant aspects of Canyoning trip, and determine the level of learning achieved.

- I apply clear and accurate instructional techniques to impart activity specific knowledge, and safety and rescue procedures.
- I have completed 30 Canyons by the completion of Stage 8. 5 of which I have been the party leader for

Review

Stage 8 – Advanced Caving B

Plan

- I can teach a Patrol/ Group how to prepare for a Caving expedition.
- I can teach another youth how to plan a Caving activity in unfamiliar territory using the appropriate tools.
- I can plan for best practise minimal impact activities and can assist a stage 6 scout or lower on why site and activity specific minimal impact is important in Caving activities
- I can plan complex rigging for re directions and changeover of belays in a Cave environment
- I can Plan a caving trip through a vertical cave including all necessary logistics, group requirements while adhering to organisation policies and procedures

Do

- I have successfully completed a wilderness first aid course with a certified accreditation agency.
- I have taken full control of a group whilst on a vertical caving journey
- I can negotiate hazards and obstacles safely and take measures to guard personal and group safety.
- I have completed the required paperwork to request to explore a restricted caving location
- I have lead Vertical abseiling rescue drills lasting a half day at least demonstrating rescue skills that include self-rescue, pluck and lower and a haul system rescue
- I know how to access relevant sources to interpret detailed weather and environmental information and determine contingency plans.
- I have received feedback and evaluate relevant aspects of caving session, and determine the level of learning achieved.
- I apply clear and accurate instructional techniques to impart activity specific knowledge, caving skills and safety and rescue procedures.
- I have participated in a Multi-pitch cave activity

Review

Stage 8 – Advanced Climbing B

Plan

- I can teach another youth how to prepare for a single pitch climbing expedition.
- I can plan for best practise minimal impact activities and can assist a stage 6 scout or lower on why site and activity specific minimal impact is important in climbing activities
- I can teach another youth how to plan a single pitch climbing activity in unfamiliar territory using the appropriate tools.
- I can research different lead climb equipment and the applications for use
- I can plan my personal equipment and consider needs for group equipment for a Lead climb activity

Do

- I have successfully completed a wilderness first aid course with a certified accreditation agency.
- I have climbed at atop rope climbing site where I have set up all the anchor and belay systems
- I have seconded a climb removing lead equipment.
- I have set up a top rope climbing site and managed/instructed beginner climbers learning to climb at that site.
- I have determine an appropriate instructional plan according to participant's needs and characteristics and by following relevant legislation and organisational policies and procedures
- I have monitored participants safety and performance while Climbing and belaying and can provide appropriate feedback
- I have lead vertical rescue drills lasting a half day at least demonstrating rescue skills that include self-rescue, pluck and lower and a haul system rescue
- I know how to access relevant sources to interpret detailed weather and environmental information and determine contingency plans.
- I have received feedback and evaluate relevant aspects of Climbing session, and determine the level of learning achieved.

- I apply clear and accurate instructional techniques to impart activity specific knowledge, climbing techniques and safety and rescue procedures.
- I have participated in a lead climbing activities
- I have built an appropriate anchor using lead climbing equipment to belay someone while they are seconding

Review

Stage 9 – Advanced Abseiling C

Plan

- I have kept my First Aid qualifications up to date
- I can plan a multi-pitch abseil activities that caters to participants needs
- I can develop a detailed risk management plan for a Multi-pitch abseil

Do

- I have undertaken over 50-abseiling descents on various surfaces and number of pitches.
- I can safely set up multi-pitch abseils including the retrieval of rope and other gear
- I have demonstrated safe change overs on multiple multi-pitch abseil trips
- I have demonstrated a range of vertical rescue techniques which include techniques used on Single and multi-pitch activities and when the participant is conscious and unconscious
- I have undertaken at least 20 days of abseiling by the end of Stage 9
- I can instruct younger scouts through the abseiling requirements of Stage 7 and assess their learning.

Review

- I have given a presentation to a group of scouts on the skills I have gained from completing the Vertical Outdoor Adventure Skills.
- I have investigated future paths for myself on how to use this activity knowledge in Scouting and the broader community

Stage 9 – Advanced Canyoning C

Plan

- I have kept my First Aid qualifications up to date
- I can develop a detailed risk management plan for a Canyoning weekend
- I can budget, prepare and manage every aspect of a weekend Canyoning Trip.

Do

-
- I have mapped out a canyoning system taking into consideration both vertical and horizontal obstacles
- I have demonstrated a range of vertical rescue techniques which include techniques used on Single and multi-pitch activities and when the participant is conscious and unconscious
- I can retrieve and manage ropes in a variety of canyon environments
- I can demonstrate to a Stage 7 Scout or below drying and then storing equipment appropriately
- I can instruct scouts through the Canyoning requirements of Stage 7 and assess their learning.
- I have accessed all anchors on multiple Canyoning Trip for safety and load purposes
- I can rig multiple anchor points to equalise the load and minimise shock loading
- I have lead a minimum of 10 Canyoning trips by the completion of stage 9
- I have logged a variety of Canyoning Trips by the end of Stage 9 including Wet, Dry, Vertical and Horizontal

Review

- I have given a presentation to a group of scouts on the skills I have gained from completing the Vertical Outdoor Adventure Skills.

Stage 9 – Advanced Caving C

Plan

- I have kept my First Aid qualifications up to date
- I can plan a multi-pitch caving activities that caters to participants needs
- I can develop a detailed risk management plan for a Multi-pitch cave

Do

- I have undertaken at least 10 caves which I have been the party leader on by then end of Stage 9.
- I have produced a sketch map of a cave that can be used by others for Navigation
- I can safely set up multi-pitch caves including the retrieval of rope and other gear
- I have demonstrated safe change overs on multiple multi-pitch cave trips
- I have demonstrated a range of vertical rescue techniques which include techniques used on Single and multi-pitch activities and when the participant is conscious and unconscious
- I can assist scouts through the cave requirements of Stage 7 and assess their learning.
- I can navigate in a un trogged Cave

Review

- I have given a presentation to a group of scouts on the skills I have gained from completing the Vertical Outdoor Adventure Skills.

Stage 9 – Advanced Climbing C

Plan

- I have kept my First Aid qualifications up to date
- I can develop a detailed risk management plan for a multi-pitch and lead climbing expeditions
- I have practised placing Lead climbing equipment while safely on the ground
- I can plan lead climbing activities that caters to participants needs

Do

- I have supervised 5 different climbing trips
- I have logged over 30 climbs across all Stages of various degrees of difficulties.
- I can safely lead climbs including the placement of rope and lead climbing equipment
- I have demonstrated through my climbing skills the need for safe placement and considerations around rope drag and displacement of gear in the event of a fall.
- I can safely descend a climb after the mid-point of rope is past the belayer
- I have demonstrated a range of vertical rescue techniques which include techniques used on Single and multi-pitch activities and when the participant is conscious and unconscious
- I can instruct younger scouts through the Climbing requirements of Stage 7 and assessed their learning.
- I can safely and efficiently change over at a multi-pitch belay station
- I have participated in Multi-pitch climbs

Review

- I have given a presentation to a group of scouts on the skills I have gained from completing the Vertical Outdoor Adventure Skills.